DOCUMENT RESUME

ED 358 612 EC 302 174

TITLE	Get the Lead Out (Prevention, Intervention and Renovation).
INSTITUTION	Illinois State Dept. of Public Health, Springfield.
PUB DATE	Oct 92
NOTE	20p.; Produced by the Illinois Childhood Lead Poisoning Prevention Program. For related documents, see EC 302 172-173.
PUB TYPE	Guides - Non-Classroom Use (055)
EDRS PRICE	MF01/PC01 Plus Postage.
DESCRIPTORS	Children; *Facility Improvement; Housing; *Intervention; *Lead Poisoning; *Mental Retardation; Painting (Industrial Arts); *Prevention; Public Health; Safety; Screening Tests
IDENTIFIERS	Illinois

ABSTRACT

Three brochures offer guidelines on preventing lead poisoning in children, lowering lead blood levels in children, and safely removing leaded paint from homes. The brochure on prevention of lead poisoning explains sources of lead, how lead affects a child, the importance of screening a child for lead poisoning, and ways to protect a child from lead. The brochure on intervention explains the sources of lead and provides more detailed information about ways to reduce a child's exposure to lead. The brochure on renovation reviews the danger of lead-based paint in older homes, outlines problems involved in removing old paint, lists safety tips for renovating home interiors and exteriors, and notes the importance of screening children for lead poisoning. The brochures cite Illinois sources for screening tests and for further information. (JDD)

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Get the Lead Out
(Prevention, Intervention [and] Renovation)

Illinois Department of Public Health
535 W. Jefferson Street
Springfield, IL 62761

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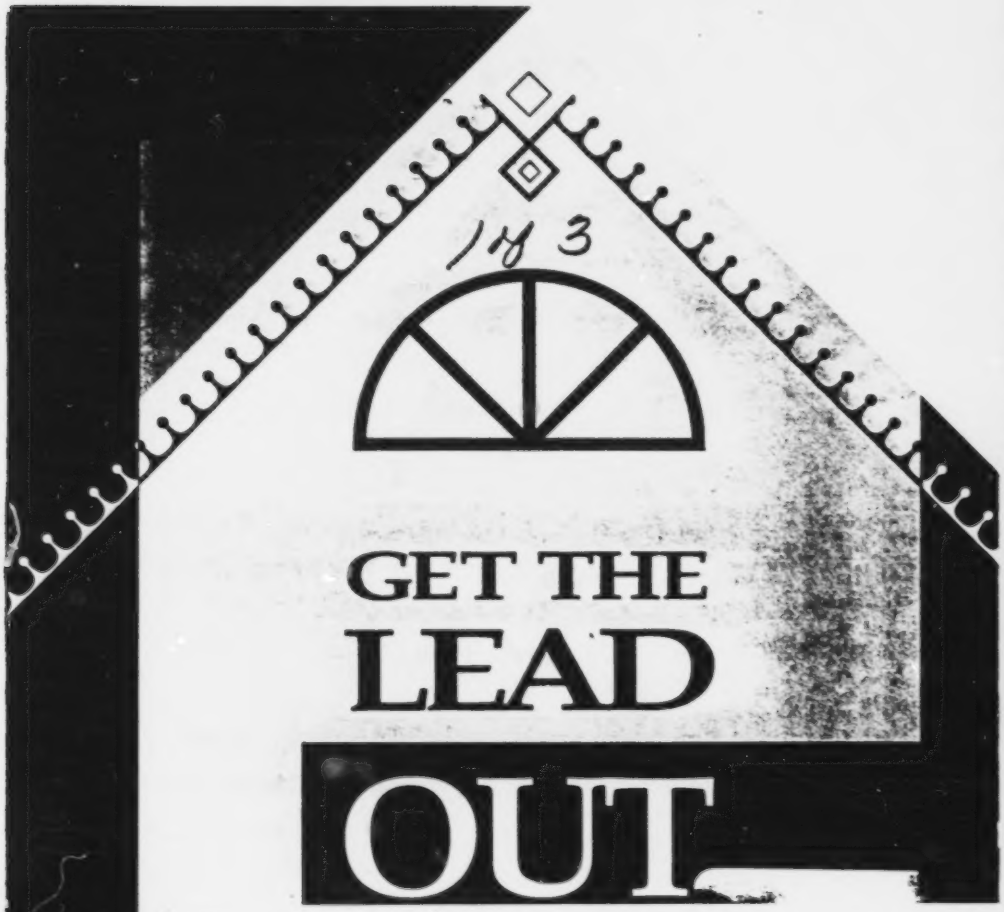

PREVENTION

How to protect children against lead poisoning

3

EC 302174

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PREVENTION

How to protect children against lead poisoning

GET THE LEAD OUT

WHAT IS LEAD POISONING?

Lead poisoning is too much lead in the body. Lead is especially harmful to the small bodies of children younger than 6 years old.

Lead gets in their bodies when children eat lead or breathe it in. Lead can be in:

- paint
- dust
- drinking water
- dirt outside.

HOW DOES LEAD AFFECT A CHILD?

Even small amounts of lead can harm a child's brain, kidneys and stomach. Lead poisoning can slow a child's development and cause learning and behavior problems.

Your child may have lead poisoning and not feel sick. Or your child may have stomach aches, headaches, a poor appetite or trouble sleeping, or be cranky, tired or restless.

SCREEN YOUR CHILD FOR LEAD.

All children 6 months to 6 years old should be screened for lead poisoning. In Illinois as of January 1, 1993, all children entering day care, nursery school, preschool or kindergarten must have proof of lead screening.

Screening is done with blood taken from the finger. If too much lead is in the blood, your child may need treatment. To find out how to test your child, call your doctor or local health department.

Women planning to have a baby should be screened for lead. Lead in a mother's body can cause a baby to be born too small and too early.

PROTECT YOUR CHILD FROM LEAD.

Wash your children's hands before they eat.

Foods high in iron and calcium — lean meat, eggs, raisins, greens, milk, cheese, fruit and potatoes — help get lead *out* of a child's system. Limit foods high in fat and oil — fried foods and snacks like potato chips — which *keep* lead in a child's system.

Clean up chipping and peeling paint inside and outside your home.

Clean up paint chips and lead dust in window sills and on the floor near windows, doorways and woodwork. Use a damp mop or cloth and a phosphate cleaning product.

Wash your child's toys often. Throw away lead-painted toys.

Do not store food in open cans or pottery.

If you work with lead, shower and change clothes before coming home. Wash your work clothes separately.

Run cold water for a few minutes before using it for cooking and drinking. Do not use water from the hot water tap for cooking, drinking or making formula.

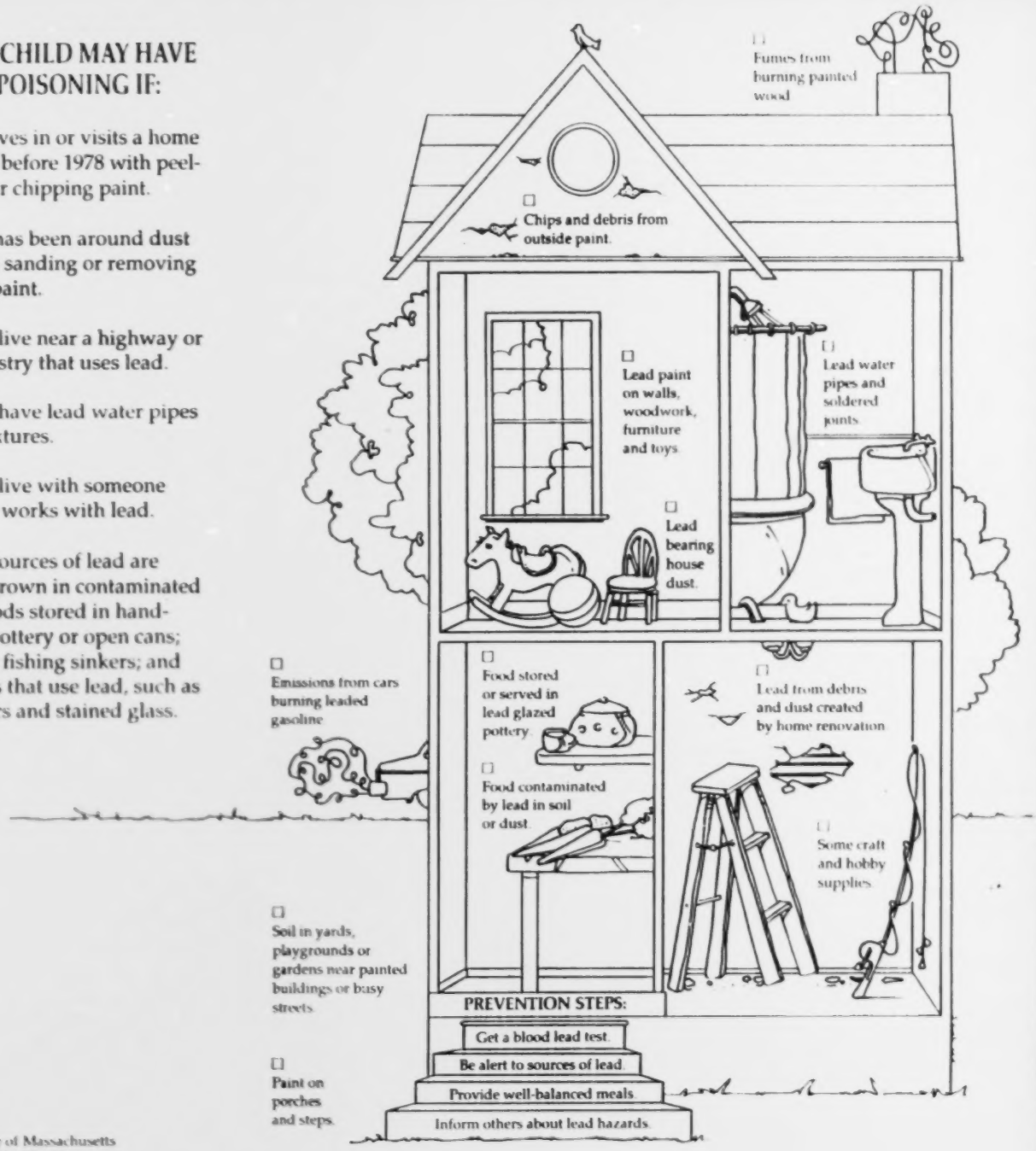
IF YOU THINK YOUR HOME HAS LEAD PAINT.

Removing lead paint is very dangerous. Do not do it yourself. Call your local health department or the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466 for information on how to remove lead paint safely.

YOUR CHILD MAY HAVE LEAD POISONING IF:

- He lives in or visits a home built before 1978 with peeling or chipping paint.
- She has been around dust from sanding or removing old paint.
- You live near a highway or industry that uses lead.
- You have lead water pipes or fixtures.
- You live with someone who works with lead.

Other sources of lead are foods grown in contaminated soil; foods stored in hand-made pottery or open cans; bullets; fishing sinkers; and hobbies that use lead, such as ceramics and stained glass.


Fumes from burning painted wood
Chips and debris from outside paint.
Lead paint on walls, woodwork, furniture and toys.
Lead water pipes and soldered joints.
Lead bearing house dust.
Emissions from cars burning leaded gasoline
Food stored or served in lead glazed pottery.
Food contaminated by lead in soil or dust.
Lead from debris and dust created by home renovation
Some craft and hobby supplies
Soil in yards, playgrounds or gardens near painted buildings or busy streets.
Paint on porches and steps.
PREVENTION STEPS:
Get a blood lead test.
Be alert to sources of lead.
Provide well-balanced meals.
Inform others about lead hazards.

Drawing Courtesy of Massachusetts Department of Public Health

Of the 1 million children aged 6 years and younger in Illinois, approximately 170,000 have a blood lead level that is too high.

Lead poisoning does not always produce symptoms. It can be detected with a simple blood test.

City, suburban and rural children are all at risk if they breathe in lead dust or eat lead paint and dust.

Read this brochure to find out more about lead poisoning. Call your doctor, your local health department or the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466 for information on having your home inspected for lead and removing lead hazards safely.

HAVE YOUR CHILD TESTED FOR LEAD POISONING.

ALL CHILDREN AGED 6 MONTHS TO 6 YEARS SHOULD BE SCREENED FOR LEAD POISONING EVERY YEAR.

For further information, contact the Illinois Department of Public Health's **Childhood Lead Poisoning Prevention Program.**

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1-217-782-0403
TDD 1-800-547-0466

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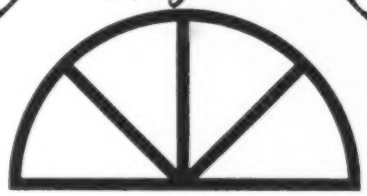

GET THE LEAD OUT

INTERVENTION

How to lower
blood lead levels
in children

9

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INTERVENTION

How to lower blood lead levels in children

GET THE LEAD OUT

WHAT IS LEAD POISONING?

Lead poisoning is a disease caused most often by eating lead paint chips or breathing or eating lead dust.

Lead is especially harmful to infants and children aged 6 years and younger because their small bodies absorb lead more easily than an adult's does. Lead poisoning can slow a child's development and cause learning and behavior problems. Even small amounts of lead can damage your child's brain, kidneys and stomach.

KNOW THE SOURCES OF LEAD.

Your children may be exposed to lead from:

- Peeling or chipping paint in homes built before 1978.
- Dust from sanding or removing old paint and wallpaper.
- Soil near a major highway or industry that uses lead, or around an older home with chipping outside paint.
- Old water pipes made of lead or newer fixtures that contain lead solder.
- Food grown in contaminated soil or stored in handmade pottery or opened cans.
- Bullets and fishing sinkers and hobbies that use lead, such as ceramics and stained glass.

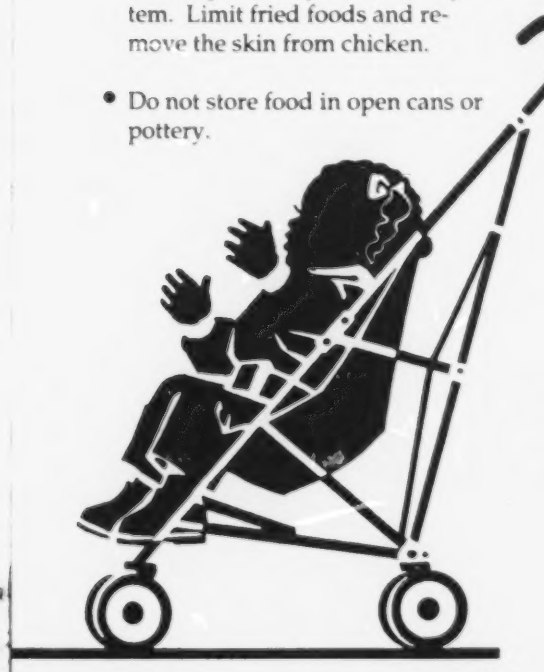
WHAT CAN I DO TO REDUCE MY CHILD'S EXPOSURE?

Wash up

- Have children wash their hands and face after they play outside and before they eat.
- Wash infant's and toddler's toys often. Throw away toys painted with lead-based paint — usually those made in another country.

Eat well-balanced meals

- Give your child foods high in iron and calcium. Foods such as lean meat, eggs, greens, tomatoes, potatoes, and fruits and fruit juices help keep lead out of your child's system.
- Limit foods with fat or oil, which can keep lead in your child's system. Limit fried foods and remove the skin from chicken.
- Do not store food in open cans or pottery.



Use cold water

Older homes may have lead plumbing pipes that put lead into the water. Newer homes may have lead solder connecting pipes.

- Run the water from the cold water tap for a few minutes before using it for cooking or drinking.
- Do not use water from the hot water tap for cooking, drinking or preparing infant formula.

Check your home

- Look around your house for chipping and peeling paint and paint dust. Check window sills, around windows, doorways and woodwork. Check outside the house for paint chips.

See your doctor

- Take your child to a doctor for a physical exam.
- Have your child screened each year for lead.

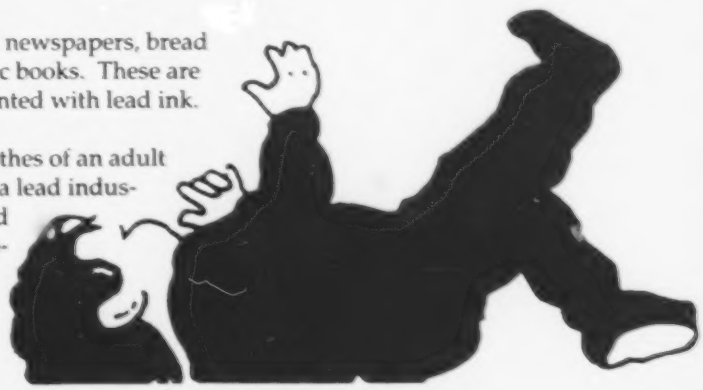
HOUSEKEEPING HINTS

- Use a phosphate cleaning product to clean up loose paint chips around windows, doors or woodwork. Throw away all cleaning cloths.
- Place duct tape over loose paint or plaster for temporary covering. Call your local health department or the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program for information on safe methods to remove paint, plaster or wallpaper.
- Cover hard to clean surfaces with contact paper.
- Wet dust and wet mop often to remove lead dust in the house. Use a clean cloth or mop dampened with a phosphate cleaner. Wash rags separately from other laundry.
- Throw out old newspapers, bread bags and comic books. These are sometimes printed with lead ink.
- Keep work clothes of an adult who works in a lead industry or uses lead in a hobby separate from clothes of other family members. Wash these clothes separately with a phosphate cleaner.
- To remove paint chips and dust from around the outside of the house, hose off porches, sidewalks, driveways and the sides of buildings. Scrub with a stiff brush or broom and soapy water, then rinse as clean as possible. Pick up and throw away paint chips.

SCREENING FOR LEAD

All children aged 6 months to 6 years should be screened every year for lead poisoning. As of January 1, 1993, Illinois state law requires all children entering day care, nursery school, preschool or kindergarten to provide proof of lead screening.

For more information, call the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466.



Of the 1 million children aged 6 years and younger in Illinois, approximately 170,000 have a blood lead level that is too high.

City, suburban and rural children are all at risk if they breathe in lead dust or eat lead paint and dust.

This brochure provides information on lead poisoning and describes steps you can take to reduce your child's exposure to lead.

Call your doctor, your local health department or the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466 and for information on having your home inspected for lead and removing lead hazards safely.

ALL CHILDREN AGED 6 MONTHS TO 6 YEARS SHOULD BE SCREENED FOR LEAD POISONING EVERY YEAR.

For further information, contact the Illinois Department of Public Health's **Childhood Lead Poisoning Prevention Program.**

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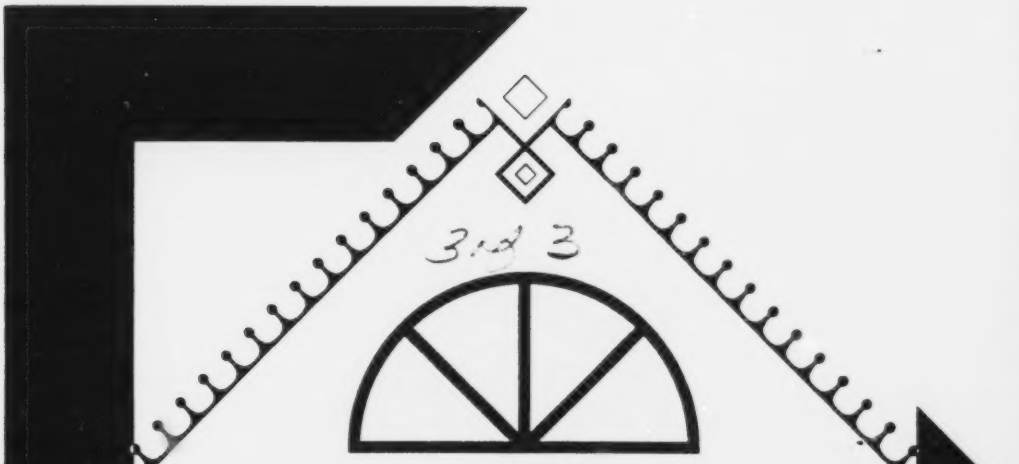


GET THE LEAD OUT

RENOVATION
How to safely remove
old paint

15

RENOVATION

How to safely remove old paint

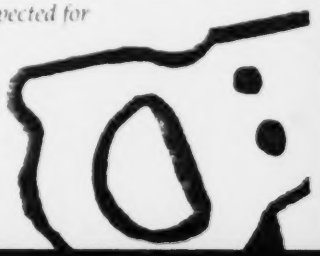
LEAD-BASED PAINT DANGER

Most Illinois homes built before 1978 were painted with lead-based paint. Renovating or refinishing lead paint surfaces creates dust, fumes and debris that can cause lead poisoning.

Lead poisoning is a disease caused most often by eating lead paint chips or inhaling or eating leaded dust. Lead poisoning is one of the most common and most serious child health problems. It is estimated that two out of every 10 children in Illinois has a blood lead level that is too high. City, suburban and rural children are all at risk.

Children aged 6 months to 6 years are at greatest risk for lead poisoning in part because young children put everything into their mouths. Lead is especially harmful to infants and children because their bodies absorb lead more easily than adult bodies do. Lead poisoning can slow a child's development and cause learning and behavior problems. Even small amounts of lead can seriously harm a young child, causing damage to the brain, kidneys and stomach. Lead can also harm pregnant women and their unborn children.

If you plan to renovate your home, have your home inspected for lead paint.

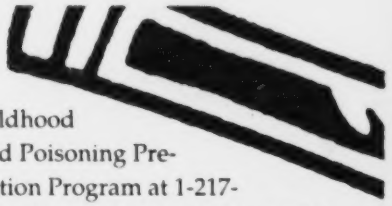


The only way to find out if your home contains lead paint is to have an inspection. Contact your local health department for information on lead inspections.

BE ALERT TO THE DANGERS OF REMOVING OLD PAINT.

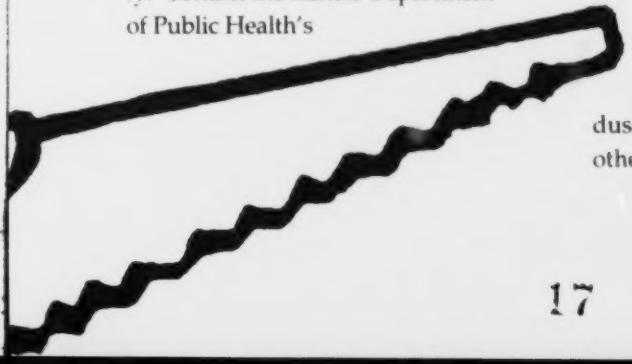
To protect your family from lead during renovation:

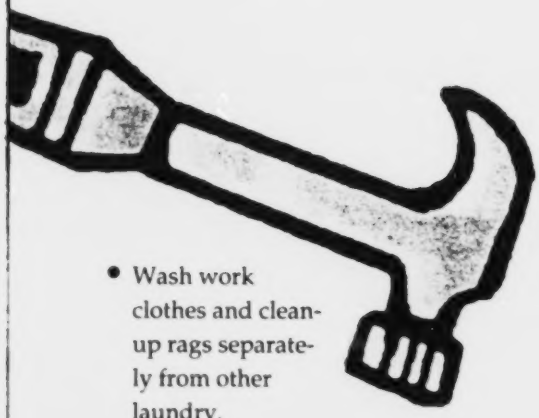
- Do not remain at home during the renovation. It is especially important that children and pregnant women not remain in areas where work is underway. When work is complete, do not reenter the area until it has been thoroughly cleaned.
- Only properly protected workers should enter the work area.
- If you hire contractors, make sure they understand the causes of lead poisoning and how to prevent exposure.
- If you must do the work yourself, use proper precautions to remove old paint and painted surfaces safely. Contact the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466 for information on safe methods of renovation or remodeling.



RENOVATION SAFETY TIPS

- The safest time to renovate or remodel is when the house is unoccupied.
- Protect all food appliances, cooking and eating utensils, furniture, bedding, toys and clothing from lead dust. Remove these items from the work area or cover or bag them in plastic and seal tightly.
- Do not eat or smoke in the work area to avoid getting dust from your hands or clothing in your mouth.
- Place a damp floor mat outside the work area to collect dust from the bottom of shoes.
- Even removing wallpaper or loose plaster can create lead dust. To clean up, use a clean cloth or mop dampened with a phosphate cleaning product. Do not vacuum dust and debris as vacuuming may stir lead dust into the air, spreading it to other parts of the house.





- Wash work clothes and clean-up rags separately from other laundry.

WHAT ABOUT RENOVATING MY HOME'S EXTERIOR?

- When removing exterior paint, seal windows and vents so dust cannot get inside the house.
- Remove shoes before entering the house.
- Do not walk around clean areas of the house in work clothes.
- To remove paint chips and dust from around the outside of the house, hose off porches, sidewalks, driveways and the sides of buildings. Scrub with a stiff brush or broom and soapy water, then rinse as clean as possible. Pick up and dispose of paint chips.

SCREENING FOR LEAD POISONING

Have family members, particularly children 6 months to 6 years of age, tested for lead poisoning by a physician or other health care provider when renovation of an older home is complete.

A child may have lead poisoning yet not have any symptoms. Or a child may have symptoms like those of a cold or the flu. The only way to detect lead poisoning early is to bring your child to your local clinic, public health clinic or physician to have a simple blood test.

For additional information on how to safely remove old paint and clean up lead debris, paint chips and dust, or for information on lead poisoning, call the Illinois Department of Public Health's Childhood Lead Poisoning Prevention Program at 1-217-782-0403 or 1-800-545-2200 or TDD 1-800-547-0466.

GET THE LEAD OUT

WHERE LEAD IS FOUND

Different surfaces in a home pose varying lead-paint risks. Friction from opening and closing windows can turn hazardous exterior paint into lead dust, which can be ingested by people inside. If the paint is intact, large interior surfaces, like walls and ceilings, are far less likley to pose a danger.

Where Lead Is Found in the Home:

Very frequently | Frequently | Occasionally

NEWSWEEK
July 15 1991
Source: U.S. Department of Housing and Urban Development

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ALL CHILDREN AGED 6 MONTHS TO 6 YEARS SHOULD BE SCREENED FOR LEAD POISONING EVERY YEAR.

For further information, contact the Illinois Department of Public Health's **Childhood Lead Poisoning Prevention Program.**

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